

Transferability

Experience in certain sports can lead to success in other sports simply because the skills, actions, field movements, etc. are similar. These are called Transferable Skills

Common Examples:

swinging, falling, shooting (accuracy), communication, agility, field/court sense (spatial orientation)

Examples

Basketball & Soccer & Volleyball Ultimate

Soccer: Field Sense, Team Play, Communication, Working with a Defender, Avoiding Contact, Endurance

Basketball: Pivoting, Agility, Team Play, Communication, Working with a Defender, Avoiding Contact, Endurance, Quick Offensive-Defensive Changes.

Volleyball Diving on the Ground, Agility, Team Play and Communication

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Explain how each of these sports lend transferable skills to the other sport...

- a) **Hockey and Baseball** > **Golf**
- b) **Running and Cycling** > **Endurance Sports**
- c) **Soccer & Rugby** > **Football**
- d) **Tennis** > **Badminton, Squash, Raquetball**
- e) **Skiing** > **Snowboarding**
- f) Other Examples

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Hockey and Baseball > Golf

Grip- two hands on the bat, stick, or club

Athletic Stance

Follow through - direction towards your target, allows for complete weight transfer

Hand - eye coordination

external environment - field sense

weight transfer and timing

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Running and Cycling > Endurance Sports

Balance

Athletic Stance - posture

Endurance (Aerobic Capacity)

Mental Fortitude (Training through pain)

Spacial Awareness

Internal Cadence (Steady state)

Continuous Technique Adjustments

Routine

Hydration

Race Experience

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Tennis> Badminton, Squash, Raquetball

Grip on the racket

Fine motor movements in the wrist

Court sense

Pivoting and turning back and forth/Agility

Footwork (feet first)

Short bursts of power

Ball placement

Return to T

Backhand/Forehand

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c) Soccer & Rugby > Football

Team work

Field sense

Kicking accuracy & power

Endurance - general

Footwork - avoiding defenders

Tackling skills - learning to fall & be tackled

Toughness

Ball handling - passing & receiving

Timing - when to perform actions

Communication

Offensive & defensive

Set plays & strategy

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e) Skiing > Snowboarding

\spacial orientation
avoiding contact
endurance/aerobic capacity
control
athletic stance/posture the knees are bent
weight transfer
mental fortitude (aggressive stance)
technique adjustment

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